

# APPENDIX 2: LIST OF KEY HEALTH INDICATORS

## Category or Domain and Indicators

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### HOW HEALTHY ARE WE OVERALL?

How good is our general physical and mental health?

Expected years of healthy life at age 20

Percent of adults who report 14 or more days of poor mental health in the past month

### Are we a healthy weight?

Percent of adults who are obese

Percent of 10th-graders who are overweight

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### HOW SAFE AND SUPPORTIVE ARE OUR SURROUNDINGS?

Do we have illnesses commonly associated with unsafe food, unsafe water, and poor hygiene?

Rate of campylobacteriosis per 100,000 population

Rate of E.coli 0157:H7 infection per 100,000 population

Rate of giardiasis per 100,000 population

Rate of listeriosis per 100,000 population

Rate of salmonellosis per 100,000 population

Rate of shigellosis per 100,000 population

Rate of vibriosis (non-cholera) per 100,000 population

Rate of yersiniosis per 100,000 population

### Do we have clean drinking water?

Percent of the population whose homes receive water from Group A public water systems in compliance with nitrate monitoring requirements

Percent of the population whose homes receive water from Group A public water systems in compliance with quality standards for nitrates

Percent of the population whose homes receive water from Group A public water systems in compliance with coliform monitoring requirements

Percent of the population whose homes receive water from Group A public water systems in compliance with quality standards for coliform bacteria

(Indicator for Group B systems under development)

Data not included in Report Card at this time

## Category or Domain and Indicators

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### Do we have clean air to breathe?

Percent of population breathing air that is meeting the National Ambient Air Quality Standards

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## HOW SAFE AND SUPPORTIVE ARE OUR COMMUNITIES?

### Do our incomes meet basic financial needs?

Percent of Washington State households with incomes less than twice the U.S. poverty level (incomes less than 200% of the U.S. poverty level)

### Are we connected to our communities?

Percent of adults reporting that most people can be trusted

Percent of high school students dropping out of school

Rate of serious violent crime offenses per 100,000 population

### Are we getting injured unnecessarily?

Unintentional motor vehicle deaths per 100,000 population

Unintentional poisoning deaths per 100,000 population

Unintentional drowning deaths per 100,000 population

Unintentional fall-related deaths among persons 65 years and older per 100,000 population

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## HOW SUPPORTIVE IS OUR HEALTH CARE SYSTEM?

### Are we able to get medical care when we need it?

Percent of households unable to obtain health care or experiencing a delay or difficulty in obtaining health care

### Do we have illnesses that could be prevented by immunization?

Rate of hepatitis A per 100,000 population

Rate of hepatitis B per 100,000 population

Rate of measles per 100,000 population

Rate of mumps per 100,000 population

Rate of pertussis per 100,000 population

Rate of polio per 100,000 population

Rate of rubella per 100,000 population

Rate of tetanus per 100,000 population

Data not included in Report Card at this time

## HOW SAFE AND SUPPORTIVE ARE OUR FAMILIES?

### Are we planning for and spending time with our families?

Percent of pregnancies that were intended

Percent of families that regularly read to their young children

Percent of youth who report eating dinner with their family most of the time or always

### Are our families safe?

Number of offenses involving domestic violence per 1,000

Number of reports of children younger than 18 who were abused or neglected per 1,000 population

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## HOW HEALTHY ARE OUR BEHAVIORS?

### Do we smoke cigarettes?

Percent of adults reporting current cigarette smoking

Percent of 10th-graders who report smoking cigarettes in the past 30 days

Percent of women who report smoking during the last three months of pregnancy

### Are we physically active?

Percent of 10th-graders who report meeting recommendations for vigorous physical activity

Percent of adults meeting recommendations for moderate or vigorous physical activity through work or leisure

### Are we eating right?

Percent of adults who report eating fruits and vegetables five or more times per day

Percent of 10th-graders who report eating fruits and vegetables 5 or more times per day in the past week

Percent of 10th-graders who report drinking two or more non-diet sodas yesterday

### Do we abuse alcohol?

Percent of adults who report having five or more drinks on one occasion during the past 30 days

Percent reporting chronic drinking in the past 30 days: women who report more than one drink per day and men who report more than two drinks per day

Percent of 10th-graders who report drinking any alcohol in the past 30 days